## Qabsashada ballanta qaadashada tallaalada jiilaalka ee COVID-19

Gacaliye ((fullName)),

Waxaad ballan u qabsan kartaa tallaalkaaga COVID-19 ee xilliga jiilaalka ee bilaashka ah sababtoo ah waxaad **tahay 75 jir ama ka weyn** (ama waxaad jirsan doontaa da’adaas marka la gaaro 31 Janaayo 2026).

## A qr code to book online Sida loo qaato tallaalka cudurka COVID-19

* Ballan ka qabso Ablikeeshinka NHS
* Ballan ka qabso khadka   
  [www.nhs.uk/get-vaccine](http://www.nhs.uk/get-vaccine)
* Goobta ballan la’aan la iska tagi karo ka raadi [www.nhs.uk/covid-walk-in](http://www.nhs.uk/covid-walk-in)

Waxaa fiican in lagu tallaalo sida ugu dhakhsaha badan ee aad awoodid ka hor intaan la gaarin bilaha qabowga.

## Haddii aad u baahan tahay caawimaad

Haddii aadan geli karin khadka, wac **119**. Turjubaano ayaa la heli karaa. Waxaad sidoo kale isticmaali kartaa taleefanka fariimaha **18001 119** ama Adeegga Luuqadda Farakahadalka/Dhagoolayaasha ee NHS British oo laga helo [www.signvideo.co.uk/nhs119](http://www.signvideo.co.uk/nhs119)**.**

Haddii aad daryeelkaaga ku hesho guriga, la xiriir GP-gaaga si uu kuugu soo booqdo guriga.

Si aad u hesho martiqaadkan oo u qoran qaab si fudud loo akhrin karo iyo qaabab kale ama ku qoran luqado kale, booqo [www.england.nhs.uk/seasonal-invites](http://www.england.nhs.uk/seasonal-invites).

**Waa maxay sababta NHS ay u bixinayso tallaalada jiilaalka**

Ifilada iyo COVID-19 waxay si fudud u faafaan xilliga jiilaalka wayna adkaan kartaa in laga fogaado. Jiilaal kasta, kumanaan dad waaweyn ah ayaa u baahda daryeel isbitaal. Waa muhiim inaad labada tallaalba qaadato sannad kasta si aad u yarayso halista inaad la kulanto astaamo daran. Difaaca ayaa luma waqti kadib waxaana isbedela noocyada fayraska. Wax ka akhriso [www.nhs.uk/covidvaccination](http://www.nhs.uk/covidvaccination).

## Tallaallada kale ee NHS

Haddii aadan hore u qaadan, waxaad qaadan kartaa:

* tallaalka ‘pneumococcal’
* tallaalka RSV (haddii da'daadu tahay 75 ilaa 79 jir, ama aad 80 jirsatay tan iyo ilaa 1 Sebtembar 2024)
* Tallaalka cambaarta (haddii aad ka yar tahay 80 jir)

Si aad u hesho faahfaahin buuxda, booqo [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations).

Daacad kuu ah,

Kooxda Tallaallada ee NHS England

**Ilaalinta Xogta:** Hay'adda NHS England ayaa mas'uul ka ah ka shaqeynta xogtaada shakhsiyeed ee loogu talagalay barnaamijka qaranka ee tallaalada. Waxaad ogeysiiskeena qarsoodinimada xogta ka akhrisan kartaa [www.england.nhs.uk/privacy-notice](http://www.england.nhs.uk/privacy-notice).Si aad uga baxdo:[www.nhs.uk/covid-invite-preferences](http://www.nhs.uk/covid-invite-preferences).